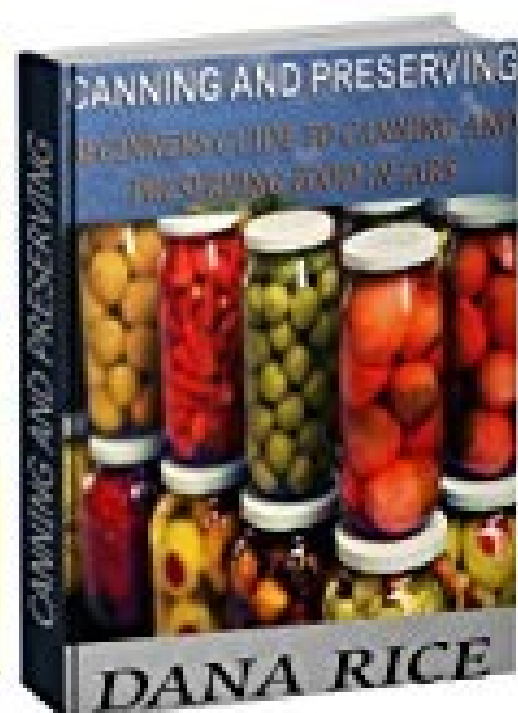
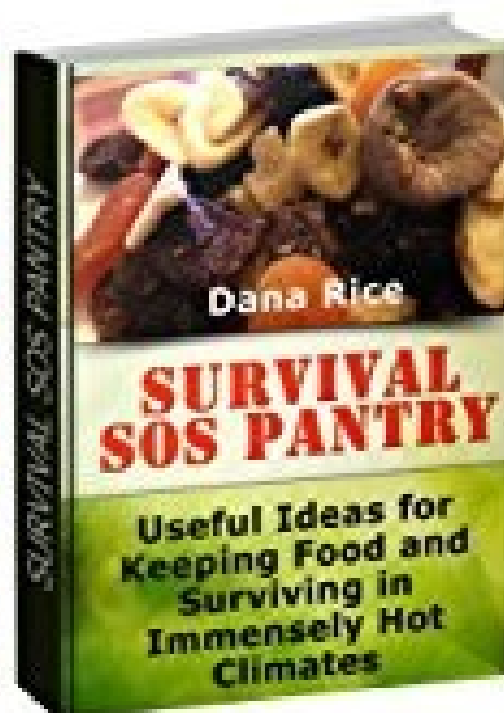
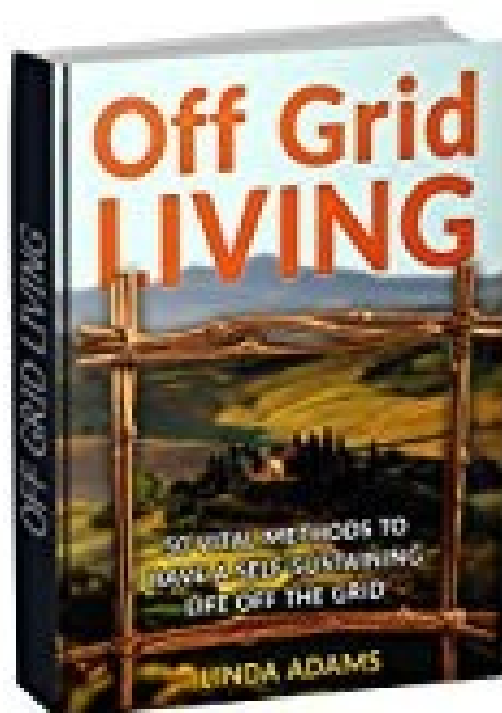
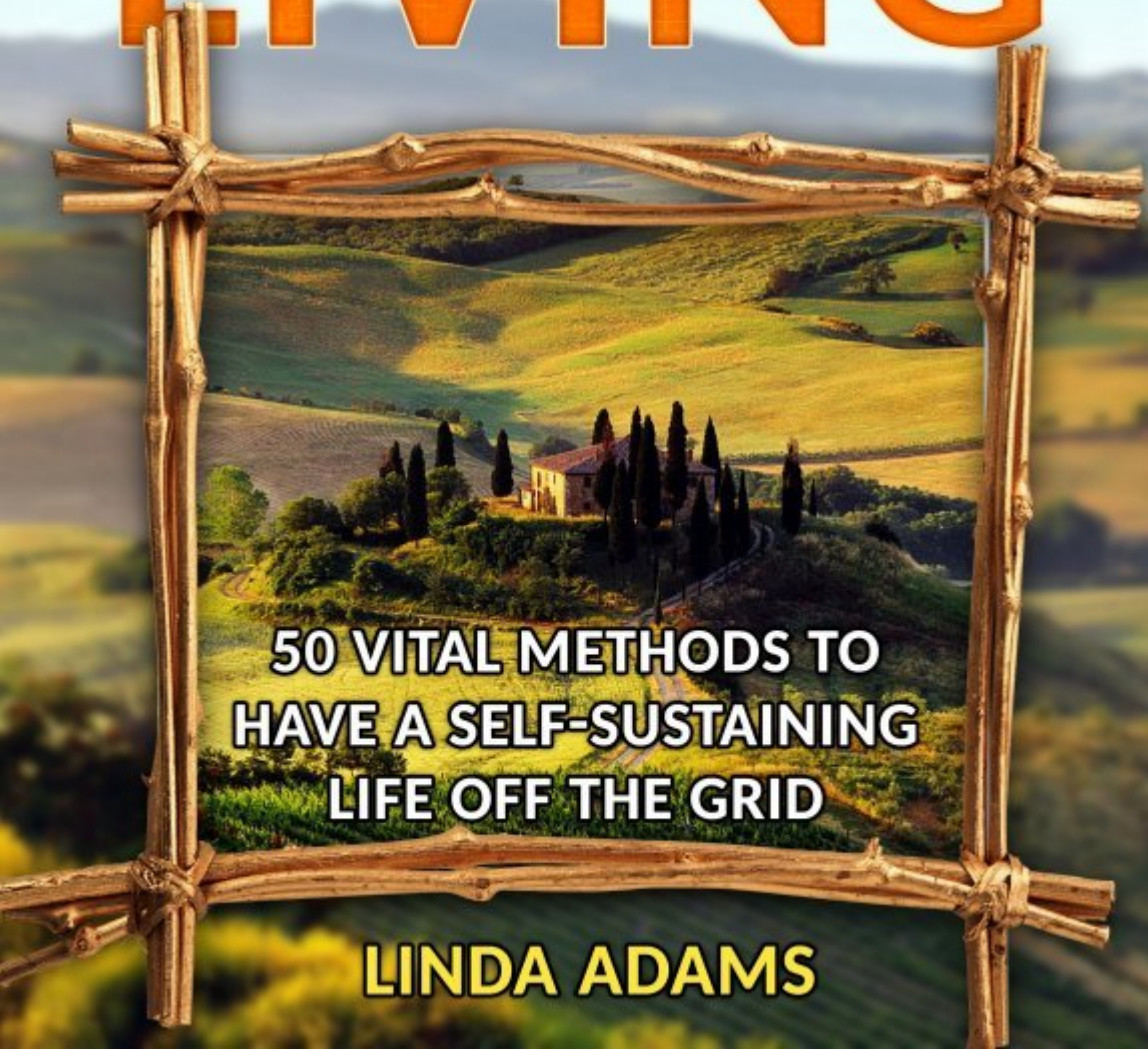




Survival Box Set

50 Vital Methods to Have a Self-Sustaining Life Off
the Grid Combined with Ideas for Surviving in
Immensely Hot Climates plus Beginners Guide To
Canning And Preserving Food In Jars

Off Grid LIVING

A rustic wooden frame made of sticks and twigs, containing a photograph of a self-sustaining off-grid lifestyle. The photo shows a small, light-colored house with a red roof, surrounded by tall, thin cypress trees, situated on a hill in a lush, green, rolling landscape. In the background, there are more hills and a body of water under a clear sky.

**50 VITAL METHODS TO
HAVE A SELF-SUSTAINING
LIFE OFF THE GRID**

LINDA ADAMS

Off Grid Living

50 Vital Methods To have A Self-Sustaining Living
Off The Grid

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Introduction

Living off the grid has become a more popular and an appealing alternative to how many individuals are choosing to live. The idea or picture many people have when someone mentions off the grid living is typically that of a small hut or tent set up in the middle of a secluded forest but living off the grid does not have to be a complete back to nature lifestyle.

With the many advancements in technology it is becoming easier than ever to live off the grid. Although many individual that choose to take on this lifestyle do have a genuine desire to leave little to no carbon footprint in the world many choose this lifestyle because of a desire to be free from the financial burdens that come with living on the grid.

Living off the grid means living off the land. There are an endless number of ways you can live off the grid. On the extreme end are those who build their home from the earth using mud and clay to construct a small livable home and then there are the ones who can run their home as efficiently as those living on the grid by utilizing the natural elements around them. Some have little to no contact with other individuals and some have created a small community of other off the grid individuals.

Transitioning from on the grid to off the grid can be somewhat of a challenge to a few individuals especially if they have not carefully considered how different certain areas of their live will be. Over the next few pages we will discuss a number of ways that you can easily adjust to your new off the grid lifestyle and a variety of methods that you can use in your off the grid home.

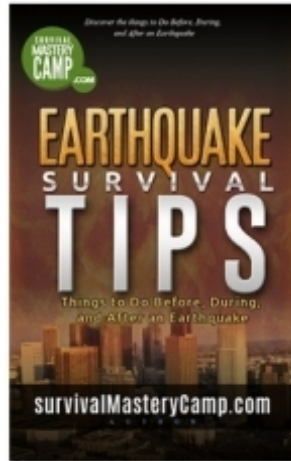
If you have yet to embark on the off the grid journey you will learn some key things to consider before you even begin to picture your off the grid home. You will be

introduced some design ideas and suggestion on how you can choose to purchase your off the grid home or built one from the land up.

Once you have an idea of your home design you will want to take into careful consideration how to power that home and how you can be completely self sufficient living in your off the grid home. You will learn about a number of energy supply methods that utilize the natural elements that surround your home and a number of everyday activities that will make living off the grid highly enjoyable and rewarding.

Whether you have already decided that you want to pursue a lifestyle of living off the grid, maybe still are a little indecisive if this kind of lifestyle is for you or if you want to stay on the grid but cut back on your energy cost many people can benefit from the methods listed in this book.

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Chapter 1 – Methods to Implement Before you Start in your Off the grid home

Before you dive right into a new off the grid lifestyle there are a few things you should do and consider prior to committing to the off the grid lifestyle. The methods in this first chapter will cover some easy suggestion that you will want to take advantage of before you start living off the grid. Living off the grid can be a highly rewarding experience not only in relieving the financial burdens in your daily life but a sense of pride from living self sufficiently. To greater benefit form this off the grid lifestyle practice these methods before you pack up and move to your new home.

METHOD 1 - Eliminate Your Debt-

When you want to live off the grid the last thing you want is to have any kind of debt hanging over your head. Eliminate all your debt before jumping into you new off the grid home. Items such as any loans, all credit card debit and any other financial burdens should all be paid off completely. Living off the grid is a rewarding self-sufficient decision and you will want to make sure you wont have any bill collectors knocking on your door as you are adapting to the new lifestyle.

METHOD 2 - Have Some Money Saved-

Going off the grid does require a little bit of start up cost. Too have a well-designed self-sufficient home while living off the grid will at first need some money. All the investments you put into your home will quickly pay for themselves and you will quickly realize that you can live a very fulfilling life with little to no money. Building an off the grid home and acquiring all the supplies you need to build the home will cost

some money at first but once everything is installed and in place there is little future investments needed to keep your home functioning.

METHOD 3 - Research Areas You Might Want to Build In-

Just as you would do when moving into any other kind of home you will want to do some research on where you may like to live. Be sure to take into consideration the seasonal weather, the surrounding environment and layout of the land. You can purchase an off the grid home that was previously built or you can purchase the land and build your own customized off the grid home. Before you make any commitments you should have a clear idea of what you want from your off the grid home. Some people want a lot of land in a quiet area and others just want a self-sufficient home that frees themselves from monthly utility bills.

METHOD 4 - Double Check and Know the Regulations So You Will Not Run Into Any Legal Issues-

Although one of the main reason to live off the grid is to disconnect from many of the regulations imposed upon typical home dwellers you cannot escape from them all the time. There are certain restriction and in some cases complete prohibition of living off the grid in any way. In some areas you need permission to build on the land, other areas there are restriction on what you can build. Before you purchase your land or even buy an already in place off the grid home you will want to do some research on what you will be able to do with the land or any modifications you may want to make to the home.

METHOD 5 - Stock Up On Tools Both for Construction and Gardening-

Many off the grid residents will all encourage starting your own garden. Not only is it an easy way to cover most of your food needs but also, it can be an enjoyable activity. Living off the grid you are probably not going to have a simple small garden with only a few plants. Instead, if you have the land, you will begin small and expand to be able to harvest a large number of fruits and vegetable.

You will want to start acquiring some of the tools you will need for this endeavor. Stock up on a number of gardening tools that can be found in some thrift shops, garage sales, yard sales or even asking friends and family who have some they do not use. Even having more than one of most tools will be beneficial since you will most likely be using them a good amount.

METHOD 6 - Cut Back Before You Commit-

Before unplugging completely from the rest of the world you may want to ease yourself into the off grid lifestyle. Living off the grid can mean some drastic changes in the way you will not only be living but also changing how you would normally do everyday chores or tasks. If you are considering going off the grid or thought it over for a while you will need to be sure you realize that you will not have as many of the so easily available luxury items that you may be used to.

Living off the grid typically involves a lot less going out and more staying in to either take care of the home or tend the garden. Although many off the grid dwellers have a way to still stay connected through the Internet this is not always the case. Begin by cutting back on eating out and entertainment. Start cooking more at home and even trying some jarring or other do it yourself projects. Many off the grid dwellers are efficient and over time have become some incredibly skillful do it yourselfers.

Living off the grid does not necessarily mean you will be completely cut off from the rest of the world but you will learn that your focus is no longer on social media or gossip. Consider starting a few new hobbies that you have been waiting to give a try since you will soon have the time to do more of the things you enjoy living off the grid.

METHOD 7 - Think About Enjoyable Ways to Generate a Low Income by Starting a Small Side Business-

Although most individuals living off the grid do not have a need for a large income you will need to generate a small amount of cash flow to save up for any repairs or emergencies you may encounter. Before going off the grid you should consider how you could earn a little money living off the grid. Many individuals work for themselves in some kind of freelance or home based business and other sell their goods or crafts. Living off the grid will free up a majority of your time so you will be able to take up that knitting, candy making or photography hobby you have always wanted to start. These new hobbies can be a great way to earn some money while you live off the grid.

Chapter 2 – Choosing Your Off grid Home Structure

When you have decided that you want to live off the grid there are many options you have in choosing the perfect home for yourself and your family. Some options already include a pre-existing functional off the grid home built. The most popular option amongst individuals choosing to live off the grid is obtaining land and constructing your own home built to your personal preferences. This chapter will cover the variety of home styles you can choose from that could be a match for your ideal off the grid home.

METHOD 8 - Tiny Home-

Tiny homes can be acquired pre-built or by purchasing a tiny home kit and constructing it on your own. These tiny homes are usually only at most four hundred square feet and sometimes even smaller. Choosing to live in a tiny home requires you to think outside the box in terms of your average home functions. Living in a tiny home you will need to get creative with how you store, operate and live your daily life in a compact space. These are great off the grid homes and can easily be built for easy transport if you do not want to settle in one area.

METHOD 9 - Log Cabin-

Log cabins are a quaint idea for off the grid housing. Many log cabin homes are available and you can easily build one of your own. When constructed properly and carefully these log cabin homes are effective heat and cooling dwellings that can be constructed to fit your own preferences. If you choose to construct your own log cabin home you will want to make sure you obtain enough supply of wood and do some research on clay or mud mixture that will best suit your home's functionality. Building your own log cabin home is not as challenging as one may think but be sure to have plenty of insulation that will keep your energy usages down.

METHOD 10 - BUILD YOUR OWN:

When deciding to build your own off the grid home there are many factors that should be considered from things like the land, climate and size of home you wish to build. Here we will list some of the methods you can easily incorporate and use when planning the construction of your off the grid home.

METHOD 11 - Use Passive Solar Power-

Passive solar power is a highly effective heating and lighting method. It is simply based on the layout of window and door placement that not only will light a majority of your home without any additional energy source but also can provide adequate heat in the summer with the ability to keep your home comfortable and cool in the summer months.

METHOD 12 - Insulation-

Be sure to keep the warm air in during winter months and the cool air during summer months by adding on insulation. Be sure to insulate ceiling, walls and around windows and doors.

METHOD 13 - Thermal Materials-

To help regulate and more effectively heat and cool your off the grid home use building materials such as bricks, tile or stones. These thermal efficient materials easily absorb the heat from the sun's light during the daytime hours and slowly release the heat throughout the evening hours.

METHOD 14 - Extra Heating With a Fireplace-

If you purchase land where you will have firewood available installing a fireplace in your off the grid home. Fireplaces are a highly beneficial heating source that will allow you to save some of your solar energy for other uses during the winter months.

METHOD 15 - Consider Your Climate-

In hotter climate you will want higher ceilings. Building high ceilings will keep the hotter air up and away from the living areas at ground level. In cooler climates lower ceiling will keep the living space warmer.

Chapter 3 – Energy Supply for Off The Grid Living

Choosing an energy supply source may be the most difficult choice any new off the grid home dweller will make. Installation of a solar energy system tends to be a little costly and you want to make sure the energy supply system you choose will easily provide you with enough energy to live comfortably in your off the grid home. Luckily, there are a number of options you can choose from to supply your home with plenty of energy and many of these systems come in kits for easy installation.

Many off the grid homes will utilize at least two different energy sources to run major appliances and for limited lighting production. Veteran off the grid dwellers would also highly recommend that you have an emergency back-up generator available in case of severe weather or damage to your existing energy supply system. In this chapter will cover some of the most common energy supplying systems and some not so common methods. Here you will be provided with many options to consider for the best system that will fit your personal daily needs.

METHOD 16 - Calculate Your Power Wattage-

Before you look into energy supply systems you will want to calculate how much power you will need. By figuring out how much energy you anticipate using everyday or throughout the week will give you a better idea of which of the energy supply system will better fit your power needs. When thinking of building your own off the grid home or buying one you will want to figure out how much power will be needed to function your home from the appliances to heating usage.

Knowing how many watts you will use in a day and week can greatly help you in determining what kind of power supply would be best suited to power your home. To do this you will want to think clearly about the appliances you will use on a regular daily basis and for how long you will be running each appliance. Beginning the

calculating process you will want to think of the days you will use the most energy and factor in how the weather may or may not affect your energy supply.

Every off the grid homes are powered by natural elements like the wind or sun preparing yourself to take into consideration that the weather is often unpredictable and you could be without power if not thought out clearly. Many off the grid homes implement two types of energy supply one from natural elements and a set of energy preserving batteries. In the next chapter we will discuss the many option you have when choosing a power supply source.

METHOD 17 - Roof top Solar Energy Panels-

Roof top panels are becoming a common installation not just for the off the grid homeowners but many city and suburban homes also. You can easily have solar panels installed on the roof of your home to supply energy to the home as well as let in natural light and use the sun's light to heat your home. The panels need to be installed on the south or southwest side of the home for better efficiency and you will want to be sure the amount of sunlight you will be receiving is worth the price of installing the solar powers on your roof.

You will want to make sure any surrounding trees will not shade the solar panels also. If you live in an area that gets a consistent supply of sunlight for about five hours a day then solar panels on your roof could be a good investment. Solar rooftop panels can be a highly effective way to supply your home with all the energy it will need to function throughout the day but on cloudy or in the later evening hours you will need another way to operate your home.

METHOD 18 - Free Standing Solar Panels-

If you are planning on purchasing an already built off the grid home and do not want to spend the additional money to replace your existing roof with solar panels there are

many kits available for free standing solar power systems. Unlike the rooftop panels these freestanding panels are constructed away from the home. They are hooked up to a battery supply also that allows you save or conserve the power for later use.

Free standing solar power panels are can be a convenient options to those individuals who would much rather have their home in a shaded area to cut back on cooling cost and can set these panels up a little bit further away from their home in the direct sunlight. Even if you do not want to commit to living fully off the lid these free standing panels can be implemented by individuals living on the grid also. Installing freestanding solar panels can greatly cut back on your monthly electricity and other utility bills on any home.

Just like with rooftop solar panels this type of solar energy supply is a great option for any off the grid homes located in areas that will receive a good amount of sunshine. They however also, can only supply energy to your home effectively during the day and if it is not overcast or cloudy. These freestanding panels also need to be installed so that the panels are in a southward facing direction.

METHOD 19 - Deep Cycle Batteries-

Deep cycle batteries are rechargeable batteries that are usually used in connection with another power source. They effectively charge from the other energy supplying source and can store up this energy that can then later be used when needed. When installing these battery packs that can usually be bought in a kit with you other energy supply option, you will want store the deep cycle battery packs in a naturally ventilated, cool place and shielded from any possible weather elements.

METHOD 20 - Wind Powered Electricity-

Wind power is a great energy provider if the area you are living in receives a good amount of wind and at consistent speeds. It is however a little tricky to calculate if the

area you want to begin building your sustainable off the grid home in will provide enough wind to produce electricity because wind can differ in every area depending on the land layout. You can easily get a better idea of how effective a wind powered energy source will be for your home by contacting a wind successor. You can also contact the local agriculture extension office. By doing a little research of the land and area you will easily be able to determine if a wind powered energy supply system will benefit you.

There are a few different sized wind turbines that you can choose from to power your home. The smaller one is about a four foot diameter rotor. This sized turbine, which is supplies around 400 watts, can generate enough energy to power a few appliances in your home. There is also a seven foot diameter rotor. This seven foot rotor is one of the most commonly used wind turbines that can effectively power the entire home. In most cases this sized turbine can supply around 10,00 watts of energy to your home. These wind turbines can also come in a larger size but are not practical to use since they can be up to 100 feet high.

Unlike with solar panels wind converting energy system can run all hours of the day and thorough the night. Wind generators require more maintenance since they have more moving parts than solar panels and may need to be turned or adjusted frequently when the wind direction changes.

METHOD 21 - Micro Hydro Power System-

Micro hydro energy supply system are not a commonly known or utilized way to produce energy for your off the grid home. These systems require a consistent water flow to power your home. Even though it is a more uncommonly used system it is the most effective and if your water source is constant it can supply you with power all day and through the night.

Although this is a highly effective way to supply your off the grid home with an energy source you need to consider the temperatures you will experience while living in you

home. If the climate you live in will have temperatures that drop below freezing this may not be the best options since your water source will most likely freeze. If you live in dry and humid climates that you run the risk of the water source diminishing throughout the hotter parts of the year. You could easily implement the micro hydro power system as well as one of the other energy power supply systems mentioned as a back up for when the water source is not significant enough to supply you with energy.

Chapter 4 – Water Supply

Water is a necessity and when you do not have the city water supply to rely on you will need to come up with ways to provide your home with enough water not only for consumption but also for things like cleaning, bathing and keeping your garden watered. Water is a great natural element that can easily be tapped into and obtained in a number of ways. In this chapter we will cover the many ways you can supply you off the grid home with enough water for all your daily needs and chores.

METHOD 22 - Collect Water From Natural Springs or Another Natural Water Source-

If you are lucky enough to live near a water source such as a river, stream or lake that you can easily utilize these water sources for you own off the grid household needs. When rely on this type of water you should check the contamination of the water first and always use a filter or water purifier before drinking. You can collect the water as needed and for colder months stock up prior and store the water to ensure you will have enough in case the water source freezer over.

METHOD 23 - Wells-

Wells can be dug to provide you with a steady supply of water. Wells should be dug by a licensed professional, this is to ensure that you will get the cleanest and non-contaminated supply of water to your off the grid home.

METHOD 24 - Cistern-

Installing a cistern tank is especially beneficial to those who decide to build the off the grid home in more rain filled environment. These large tanks can either be above or

underground and they draw in the rainwater that runs down from the rain gutters on your home. The water is pumped from these tanks to supply your home with water.

METHOD 25 - Grey Water Systems-

Installing a grey water system in you off the grid bathroom will cut back on water waste. These systems collect the water used for showering or washing your hands and reuses it for the water needed to flush your toilet. The water that is flushed from the toilet is then properly discharge to the septic tank.

WATER HEATERS:

There are a few options you have to heating your water supply. Solar water heaters can be used for many beneficial household needs such as taking warm shower or using hot water to clean your dishes. There are two types of solar water heaters active and passive heating systems. We will briefly discuss both so you can easily decided which would be best suited for your off the grid needs. Either system used will use a direct or a convection method for heating.

Directly heating the water source circulate the water through the water collector to keep it heated they typically are not favored in colder climates because the can be damaged from the system freezing. The other method, however, convention or indirect heating systems use a non-toxic type of antifreeze and water mixture that traps the heat in the panels.

METHOD 26 - Active Water Heating Systems-

This type of water heating system will require more maintenance and some sort of electrical source or the use of a small solar panel. This system is capable of more high performance duties and can be more conveniently placed with little restrictions to where they need to be.

METHOD 27 - Passive Water Heating Systems-

Passive water heaters cost less and usually do not require much maintenance. They required heat pipes or some type of heat driven convection to help circulate the water through the system. Passive water heating systems are best used in warmer climates, as they do not use any kind of anti-freezing agents in the system. Some more modern systems can be used in any type of climate but those are far more costly.

GARDEN WATER SUPPLY METHODS:

For many off the grid homes a garden is going to be an essential part to your comfort and survival. There are a number of methods you can implement to conserve water usage when water your garden.

METHOD 28 - Rain Garden-

Rain garden are trenches dug to capture excesses water to provide for your garden. They can be highly effective with deep-rooted plants in your garden. Putting in place a rain garden is a simple method that will keep the water from running off and contains this water so the plants in your garden can access it.

METHOD 29 - Micro Drip System-

A micro drip system is watering systems that can continuously keep your garden water. This system involves a layout of pipes with water release valves that slowly releases water to the plants at a slow rate. These micro drip systems for your garden are fairly easy to install and can help you a great deal in conserving water used to keep your garden healthy and growing.

Chapter 5 – Providing and Preserving Food Off the Grid

Keeping your home stocked with enough food when living off the grid will require a bit more work than simply going to the closest farmers market. Many individuals and families that live off the grid find the most rewarding self-sufficient way to provide their homes with food is to grow it themselves. In this chapter we will cover some simple methods that many off the grid dwellers utilize to not only provide themselves with plenty of organic foods but also a few methods for preserving foods that will last them, if need be, through the colder winter months.

METHOD 30 - Gardening-

Very few off the grid dwellers do not keep a garden. When it comes to living self sufficiently there is no better way to be get on a self-sufficient route than starting a garden. As you spend more time living off the grid you will find your garden grows each year. When you begin to grow a garden you may at first start off with just a few tomato plant, lettuce and carrot patches but if you are not a confident gardener you quickly will become one.

Many off the grid homes have large gardens and most of the time they are located throughout the land. Many knowledgeable gardeners plant throughout the land because of the mineral found in different parts of the soil. As you garden more you will learn how and where to set up certain gardens.

METHOD 31 - Greenhouses-

Green house have become a popular addition to the off the grid home when space and layout allow for one. Greenhouses are an excellent way to expand your garden to a variety of fruits and vegetables that would otherwise be impossible to grow in your current climate. Greenhouse should be highly considered by those who live in variable

seasons, which would allow you to continue or start your growing seasons throughout the whole year or even earlier than you typically would.

METHOD 32 - Livestock and Farming-

Invest in a few live animals could also be a smart investment if you want that kind of commitment. Having a few chickens, goats or sheep can easily supply you with a number of other necessities. Keeping animals on your off the grid home also brings about even more work so if you are a brand new off the grid inhabitant than you may want to hold off a while before incorporating any additional items you will need to take care of. Again you will need to make sure there are no laws limiting you to owning or raising these types of farm animals.

METHOD 33 - Jarring or Canning Foods-

To keep your kitchen well stock you may want to consider learning the ins and outs of jarring foods. Sauce, jam and salsas are incredibly easy item to cook up and you may want to share some of your jarred foods with those in you off the grid neighborhood. Some off the grid individuals believe these jarred food items could be a great bartering tool for you if the continents are a success around that neighborhood.

METHOD 34 – Sun Dried-

Utilize the sun's rays when you want to preserve foods by allowing the to sundry. This is a great method to use for grains, herbs and beans you grown in your garden.

METHOD 35 - Pickling-

To preserve many vegetables for months at a time pickling them is an easy method to begin putting into practice. A number of fresh vegetables can be pickled using a vinegar or salt brine base and will last through cold summer months if you need them to.

METHOD 36 - Jerky-

Making your own jerky is a simple and rewarding process, All you need is a fire pit and a level bar device to hang the meat on as it is smoked of the fire pit. Smoking meats is a great delicious method to utilize to preserve meats for the long winter months. Not only can you smoke meats but you can also smoke a wide variety of fish also.

Chapter 6 – Everyday Off the Grid Living Suggestion

Living off the grid you will quickly learn some things you are just going to have to find another way to do than you normally would. Since the main concern you will have is energy efficiency and preservation of that energy plugging in convenient appliances is not always going to be the most favorable options. This chapter will reveal to you some incredibly helpful methods that you can use to accomplish a variety of everyday task. From cooking to laundry these methods will be highly beneficial to you in your off the grid home.

WASHING CLOTHES:

For washing clothes off the grid there are a few options you can choose from some involve more work and effort and others are not any different than what you are use to. Here are some helpful methods that many off the grid dwellers use when it come to washing and drying their weekly laundry.

METHOD 37 - Use Your Old Washer And Dryer-

You can use the same washer and drier you used while living on the grid by plugging it in and using your solar energy power to run them. This maybe not, however, be the most energy efficient method because you may want to conserve your energy supply for other uses. If your off the grid home is supplied with more than enough energy than this is a great options for you use without the worry of using up your much needed energy supply.

METHOD 38 - Do It Yourself Washer-

A more common clothes washing method many people off the grid use is the bucket plunger method. You can convert a five gallon bucket that has a lid and a new and clean toilet plunger into your own washing machine. To create this cut a hole in the lid of the bucket just big enough to fit the plunger into, add your dirty laundry to the bucket so it is about halfway full, add in your homemade laundry soap and fill with water to about an inch above the clothes. Seal the lid and begin plunging away. It takes a little work to clean the clothes but it is a highly effect method when it comes to doing and cleaning your laundry.

METHOD 39 - The Old Fashion Method-

Another popular laundry washing method is putting to use an old fashioned washboard. You can try to search out for one, which could prove to be a slight challenge or you can make your own. Making your own washboard or scrubbing board will take a good amount of materials but most of the supplies you need are fairly cheap and easy to come by.

METHOD 40 - Hot Water Soak Method-

For clothing that does not need to be scrub or for delicate clothing pieces let the clothes soak in hot water may be a convenience method to use. Boil water in a large pot, place your laundry in the pot and let them soak in the hot water. Stir them a few times and remove them when the water has cooled a bit. Build a large pot of hot water and let the dirty clothes soak in it

METHOD 41 - Drying Clothes-

Drying your laundry is a pretty straightforward method unless you choose to use an ordinary drier and plug it into use your energy supply. Utilizing a clothing line strung up outside your off the home is the most common way individuals dry their clothing. Tie up a clothing lines in a sunny area on your land preferably close to your home, you can hang as much line as you feel necessary, then pin your wet clothes to the line and let them dry in the sun. You can run them from trees that are close by or from poles you have installed in your land.

During the cooler months many off the grid dwellers use folding or retractable cloth lines. These two options for drying clothes work similar to the line you hang outdoors

except it is installed inside your home. For the cooler months when your clothing will not dry out doors you will want to use folding clothing lines or retractable lines.

Folding lines are great if you have the extra space to keep them out for long periods of time but retractable lines are more convenient and can easily be hidden when not in use. Retractable lines will mean having to walk through a maze of hung clothes in some of the rooms in your home. If you have a spare room that you rarely use that would be the perfect place to install these retractable lines and avoid your clothing being in the way of your other daily activities as they dry.

RESTROOMS:

Many people have a misconception of an outhouse being their only option when it comes to bathroom accommodations. There are actually quite a few options you can choose from one of them is an outhouse type of toilet facility but that is not your only option. Listed are some methods many off the grid owners use when it comes to human waste disposal and restrooms.

METHOD 42 - Compost Toilets-

Compost toilets are a popular commodity for many off the grid home structures. Many of the human waste disposal unit options off the grid dwellers use double as a way to make their own fertilizer. Compost toilets can be easily assembled yourself using a five gallon bucket and snap on toilet seat. A few off the grid home will simply just utilize this method as is others choose to have more privacy and create sturdy structure that is built up to enclose the toilet. Once the bucket is filled the waste is added to your compost pile. Building your own compost toilet may not seem like the most enjoyable do it yourself project so you can just as easily purchase one.

If you choose to purchase a composite toilet there are a few options one of which practically does all the work for you and you do not have to worry

METHOD 43 - Self Contained Compost Units-

Self-contained compost toilet systems can be purchased easily and if you build your own compost toilet it will typically be a self-contained compost system. When you are choosing to purchase a self contained unit you will want to be sure to get the correct size toilet that will be able to handle how often it will be used. This readily bought compost systems come with a variety of options and can cut back on the odor you typically get from a do it yourself version.

METHOD 44 - Centralized Units-

These compost toilet system act in the same way as traditional toilets. Just as the common toilet flushing the waste to and outside septic tank these centralized units pass the waste to an outside tank also. These tanks, however, convert the waste into usable compost. The liquid is separated and stored in an evaporation cell and the waste is broken down so it can be converted into a natural fertilizer. These systems typical will need a power source to help operate it and it will have to be manually turned using a crank of some sort on the tank.

REFRIGERATION:

Keeping your food cool can be a bit trickier to find a solution for. Although many off the grid homes do have a standard type of freezer or refrigeration appliance in their homes you need to be sure you take into consideration how much energy your freezer and refrigerator will be using since it will need to be plugged in and run all day and all night. You may want to downsize your ideal refrigerator to cut back on energy use and instead implement one of these methods to help keep food items cool.

METHOD 45 - Zeer Pot-

Zeer pots require no energy usage and are quick and easy to make. This can be a great place to store fruits and vegetables that will keep them fresh and edible for up to twenty days. A zeer pot is simply two large clay pots, one smaller than the other to fit inside of, that are packed with sand. Pour a layer of sand on the bottom of the largest pot, set the second clay pot into the first and then pack in sand in the space between the first and second pot. Once the sand is tightly packed pour water or the sand so it is completely saturated. Place the item you wish to keep fresh and cool in the clay and keep cover.

METHOD 46 - Root Cellar-

Most off the grid homes will in one way or another incorporate some type of root cellar into their daily lives. The benefits of a root cellar is not just that they are great for storing and stocking up on foods but they can double as a great cooling or refrigeration unit. Root cellars can be dug from the basement of your off the grid home and closed up with a trap door or can be constructed detached from the home. If your off the grid home is located close to a hill then the best option for constructing a your root cellar would be to build it into a hillside. This insures that the entire root cellar is covered with earth and will keep the stored items cooled.

COOKING:

When it comes to cooking there really are almost no limitations to how you can cook your meals living off the grid. Many off the grid dwellers utilize a variety of methods for cooking and some can even double as an additional heating or lighting source for your home.

METHOD 47 - Solar Oven-

A solar oven can be as simple as a box covered with aluminum foil. It takes longer to cook foods in this type of oven and you will need to reposition it throughout the day so that it is in the direct sunlight but a variety of meals can be cooked using this type of oven.

METHOD 48 - Wood Burning Stoves-

Using a wood burning stove can cut back on your energy use and if you live in cooler climates can be an additional way to heat your home. Wood burning stoves are a

favor option for cooking in your off the grid home as many other methods are better used in the outside of your home.

METHOD 49 - Dutch Ovens-

Dutch ovens are typically large cast iron pots some are designed with three legs and others have none. These cooking vessels are favored by many off the grid homeowners and serve as a great slow cooker method for preparing foods. The lid design of Dutch ovens is curved with allows for hot coals to be placed on top of the Dutch oven. With the Dutch oven pot placed on top of a fire of hot coals and more hot coals placed on the top of the Dutch oven will create an oven effect that is ideal for cooking any meals. These Dutch ovens can also be stacked on top of one another for cooking many different dishes at once.

METHOD 50 - Evening or Alternative Lighting-

If you use solar powered energy to run the appliances in your home or if you want to another way to conserve your energy supply than using candle as a light source is a great method for your implement.

During the daylight hours extra lighting is not a huge concern for many off the grinders unless it is a particularly cloudy day. Depending on the type of energy power supply source you choose keeping additional lights on in the evening hours may be a little troublesome and can use up a lot of unnecessary energy. For a simple way to conserve some of your energy supply implement candles as a light source they can even provide extra heat and can also be used as a cooking method.

Candle making can be a great do it yourself project or hobby that not only can provide you with many uses but can also bring in a little income or used for trading or bartering with the local in your area. The easiest type of wax to use is pure

honeycomb beeswax since it just needs to be simply rolled into the candle shape. The beeswax softens from the heat of your hands, which is why it is commonly used.

You can quickly and easily make a decent stock of bees wax candles in very little time and with very little effort. Candles that are made from beeswax tend to burn faster than if you would use another type of wax but emits a brighter light.

Conclusion

Being self sufficient and living off the grid is a very rewarding decision. Many individuals choose to live off the grid for financial reason but most also choose this kind of lifestyle simply to improve the environment. The methods that have been discussed over the previous pages are just a few ways you can begin and be successful at living a self-sustaining life off the grid.

Although just starting off in an off the grid home does take some effort and a little time to get use to you will quickly see the many benefits this lifestyle can have not on your outlook but just pure enjoyment from your life.

We have discussed some great ways that will prepare you for the off the grid lifestyle. Begin by taking care of all your outstanding debts, living off the grid the last thing you will want to worry about is any unpaid credit cards or loans you may have. Be sure to do plenty of research also. From the climate you are thinking about living in to the state and county regulations on what you can build be knowledgeable of any easily avoidable issue you may run into and prepare yourself for certain mishaps that are sure to come about.

Living off the grid will be a constant learning experience. The idea you may have for your home and how it will function may be completely different from the way it will work out in reality. You will start be more conscience of the things you do and how you do them.

You will also be learning along the way better ways to improve your home and living standards. Every off the grid dwellers will agree that the initial plan they had when going off the grid change many times before they finally found the perfect fit for their needs. Living off the grid is a unique experience to every individual and what works for someone else may not work for you.

This book has giving you methods for a variety of energy supplying techniques that use the natural elements around you as well as some incredibly helpful methods to use when it comes to the everyday chores and routines you will have. Those who do not want to commit to a full off the grid lifestyle can just as easily use many of the methods addressed throughout this book.

These methods that have been suggested in this book can be used to live a more self-sustainable life. Even on the grid dwellers can benefit from a significant cut back on their energy bills, food cost and bring you more enjoyment in life.

Take the first small steps to your off the grid lifestyle by incorporating some of this methods into you on the grid routine. Not only will you financial benefit greatly for these off the grid methods but you will begin to feel more confident from being self sufficient.

Living off the grid does not have to be a solitary lifestyle and many off the grid individuals actually have a small community they belong to around them. Choosing to live off the grid is more about choosing to live a more fulfilling life focused on living a way that makes you happy and not stressed or worried about the financial burden imposed upon you.



Dana Rice

SURVIVAL SOS PANTRY

**Useful Ideas for
Keeping Food and
Surviving in
Immensely Hot
Climates**

Survival SOS Pantry

Useful Ideas for Keeping Food and Sustaining in
Immensely Hot Situations

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Introduction

Thank you for taking the time to download Survival SOS Pantry. Contained herein, you'll learn advanced survival techniques that will allow you to preserve food, sustain life, and remain calm under the most tenuous of situations - extreme heat. Being exposed to extreme heat can be deadly if the body doesn't stay hydrated and consumes quality proteins for muscle mass. Survival SOS Pantry will show you ways to stay hydrated as well as stocked up on healthy proteins.

This ebook will take you through a number of scenarios that will cover even the most obscure of circumstances that are within the realm of possibility, and give you solutions to each. There can be no blanket rule to surviving heat because the circumstances are unique and the causal factors will be unique.

Survival SOS Pantry will provide you with valuable information that will help sustain your life and that of your family. As you will learn, surviving doesn't have to be merely "surviving," but it can be done in a calm, ordered, and sometimes entertaining environment.

Again, thank you for downloading this book! Let's get started.

Chapter 1 – Survival Basics

Understanding the body and what the body requires is a perfect stepping off point for putting together a contingency plan to ensure survival. There are essential elements, essential nutrients required to sustain life. When one reaches a solid understanding of what is needed to live under what is arguably one of the most dangerous circumstances of all, the action plan, the contingency plan begins to take shape.

Biology 101

The human body is an amazing collection of nerves, organs, water, electricity, and of course, the brain itself. We have the ability to take in an unfathomable amount of information every single day, and we do so without even giving it forethought. It just happens. The complexity of the body is constantly surprising researchers who are even now identifying unique aspects of the human genome.

The essential nutrients can be broken down into six fundamental categories:

1. Water
2. Carbohydrates
3. Proteins
4. Fats
5. Vitamins
6. Minerals

Water: The saying that the body is “80% water” is inaccurate - in truth, the water in the human body is 60% of the body as a whole. Water helps in the digestive process, aiding the intestines in absorption of nutrients and sending waste to the kidneys to be processed and turned into urine.

Water helps regulate the body’s temperature by producing sweat. Dehydration takes place when there is not enough water in the body to maintain normal temperatures and to work with the rest of the body’s vital organs. Conversely, too much water can result in electrolytes being literally “watered down” which can lead to erratic coronary rhythm. On average, the human body requires approximately two liters a day for adults to function properly.

Carbohydrates: Low-carbohydrate diets are effective primarily because the carbohydrate intake is so low, the body starts using fat stores for energy. In extreme cases, the carbohydrates are so low that the body begins to process proteins for

energy which results in a declination of muscle mass, weakness, and more prone to disease. Carbohydrates are the main source of calories for most people in western culture.

There are “good” carbohydrates such as those stemming from fresh fruits and fresh vegetables, and there are horrible carbohydrates such as those derived from cake, pudding, candy, and soft drinks. The problem with refined carbohydrates is that they contribute to obesity. They include sugar, white flour, and tend to be the staple of most diets in western culture. They can and will serve to be extraordinarily useful in extreme circumstances, as you will see in future chapters.

Fats: You’d never guess it, but even our cells contain fat. The body uses fats for energy, and fats are calorie-rich. There are three kinds of fats: Saturated, monounsaturated, and polyunsaturated. To make it easier to understand, saturated fats increase the levels of bad cholesterol - so think about a “saturation” of fat. Monounsaturates generally stem from vegetable oils and aren’t considered as bad for the body.

Vitamins: There are so many vitamins that the body uses each and every day, it would be agonizing and boring as can be to go over them all. There are, however, key vitamins to support the metabolism of the human body. Vitamins A, D, E, K, B(1, 2, 6, 12), C, as well as niacin, folic acid, and biotin are necessary vitamins the body requires each and every day to function properly. A lack of these vitamins can negatively impact the body’s ability to digest and metabolize foods and can actually cause increased stress.

Vitamin B12 is an essential vitamin to reducing stress and maintaining a consistent coronary rhythm. During times of extreme duress, B12 can and will rapidly become your friend. Vitamin supplements are inexpensive and readily available at almost every pharmacy. They don’t have an exceptional shelf life, however.

Proteins: Proteins are comprised of what's called "amino acids." Bodybuilders and strength trainers, for example, increase their amino acid (protein) intake to build muscle mass. There are a total of 20 amino acids, the human body capable of producing only 12 and the last 8 must be ingested from food or supplements. One great aspect of proteins is that fish, beans, meat, poultry and some cereals (not the sugar coated ones) are more than sufficient to give the body what it needs. Under harsh situations such as extreme heat, however, protein intake must be maintained consistently because the body is working harder to cool itself.

Minerals: Minerals are both essential for the function of the body as well as inorganic - meaning that they don't come from living things. There are both electrolytes and trace elements. The volume of electrolytes the body requires is significantly higher than trace elements. Sodium, for example, is an electrolyte as are, potassium, calcium, magnesium, and phosphorous. When the electrolyte (sodium) levels are low, there could be seizures, confusion, and in extreme cases, can result in death.

Think about it this way: What is the primary element in human bones? Calcium. So, when considering your minerals such as sodium, potassium, magnesium, and calcium, the names alone should trigger recollection in your mind that they are extremely important. Fortunately, most of these minerals are available in every day food we eat. Trace elements include zinc, copper, fluoride, sulfur, iodide, and iron. Iron, as you probably already know, is critical in the formation of red blood cells.

The body requires all of the above to live, and there are fortunately a great many ways to gather the same. In terms of proteins, you'll see later how preservation can be accomplished. In this next chapter, however, we will begin the building of your survival pantry.

Chapter 2 – Shelf Life

Contrary to popular belief, Twinkies do, in fact, have an expiration date. As pointed out in the hit movie, “Zombieland,” what we often believed to have virtually an eternal shelf life, is revealed to not be the highly preserved food (if we can call it that) we once thought. Even processed cheese has an expiration date.

Nonetheless, shelf life is important when considering what perishable items to obtain and secure in your survival pantry. The premise of this eBook is more than just survival, but survival and maintaining life under extreme heat and each item listed takes into consideration that fact.

First, you begin with securing an area in your home or property that can be out of the line of direct sunlight. If your home has a basement or cellar, you’re almost halfway there as it stands. If it does not, you’ll need to go on a search to identify a dry, cool area that is not impacted by sunlight.

Second, the acquisition of a jumbo-sized cooler that includes snaps to keep the contents dry. While expensive to purchase in bulk, coolers are insulated and will remain cool if left closed for extended periods of time.

Third, lining the container with plastic will also serve to keep out moisture and bugs from your stash.

Lastly, you’ll want to bury the cooler, but leaving easy access to the lid.

In addition to your cooler and sheets of plastic, you'll need a few other supplies that will help to secure your food sources and preserve them.

1. Large Plastic Trash Bags. Preferably the large black trash bags. these will serve to be an outer layer of protection from heat as well as predation.
2. Zippered Baggies. You'll want plenty of plastic sandwich bags with the zipper opening. Gather supplies of various sizes
3. Twine. As an added protection, the easiest and most affordable way to tie off the top off the bags or to tightly wrap the, is simple twine. It's available at home improvement stores, camping supply stores, and even large super centers such as Walmart.
4. Plastic Bins. These come in various sizes and are remarkably affordable. They serve as excellent storage bins that can be used in the interior of a home or buried out of the sunlight.

What is to be done with all of those storage containers, plastic baggies, and trash bags? They are all useful in providing protection and increases the ability to preserve food in the long term - regardless of the temperatures.

Now, we look at a few of the most basic of food items that have a great shelf life and provide the necessary nutrients covered in the last chapter.

Salt, raw honey, black pepper, sugar, and hard liquor: These are comfort foods of a sort, providing a much needed respite amid the stress of being in a survival situation.

In addition, these items provide flavor for your prepared foods. The shelf-life of these items when stored properly can be well over 10 years. Take caution and only consume alcohol in small amounts in controlled environments because alcohol will quickly cause the body to become dehydrated.

Buckwheat, dry corn, hard red wheat, millet: These hard grains, when stored appropriately, can have a shelf life of up to 10 or 12 years.

Barley, rye, quinoa, and oats: Sealed in an air-tight container, these soft grains can last as long as 8 years at approximately 70 degrees (which will be discussed in another chapter).

Kidney beans, lentils, garbanzo beans, blackeye beans, mung beans, and pinto beans: Those beans can be stored for approximately 8 years if, like the above, are not exposed to too much oxygen.

Flour, white flour, wheat flour, pasta, and white rice: An amazing 10 year shelf life with these items. But again, this is only if they are stored in a relatively cool place, completely sealed, and oxygen and moisture.

Short-Term Emergencies

Canned meats, canned vegetables, coffee (another creature comfort), tea, powdered milk, peanut butter, dried herbs, spices and canned tuna: These foods will have a shelf life of about 2 years and may be dietary staples for you and your family in the short-term.

Many of these items are not only good as primary food sources, but are good to combine with cooked proteins. Watch your sodium levels, however, because canned meats and peanut butter are heavy in sodium. While trying to conserve resources, anything with a high sodium content must be consumed with great caution.

Miscellaneous

There are a few non-perishable items that will be extremely helpful and perhaps even necessary in survival situations. These items are easily secured from discount stores at reasonable prices.

Soap: You can never have enough soap stored. Good hygiene reduces the threat of infection. Hand sanitizers are useful as well.

Lighter Fluid: Useful as an accelerant for fire for cooking and heat.

Medicine: Anti-bacterial creams, aspirin, rubbing alcohol, flu medication, throat lozenges, and antibiotic ointments are inexpensive and have a reliable shelf life of around 5 years. One storage tub should be dedicated to nothing but medicinal items. Natural curatives with a substantial shelf life are available at the local health food store and are very reliable under extreme conditions.

Bottled Water: Hydration is exceedingly important and bottled water will be essential. Rather than just the small, 12 oz bottles of water, investing in a few of the large plastic bottles like the ones for water coolers. They are sealed and bacteria free. (See Chapter 6)

Bandages: Keeping wounds covered and freshly wrapped in the presence of high heat are critical to avoid gangrene and other life-threatening infections.

Charcoal: Another excellent accelerant, and provides a unique and distinctive flavor to cooked meals. It is relatively inexpensive in large bags, as is the charcoal lighter fluid.

Plastic Tarps: Easily stored and immensely useful, plastic tarps in various sizes will make life a whole smoother while trying to survive extreme heat.

Lighters/Matches: Fire for heat during evening drops in temperature and as igniters for fires used to cook or sterilize water.

Board Games: Many survivalists remember every item perfectly and will survive for extended periods of time, however, there has to be moments of sheer entertainment in order to maintain a semblance of sanity. Board games are good for adults as well as for children and can be a useful tool to keep the mind active, but the body rested and hydrated.

Seed Packages: In the event that you're expecting a long-term situation but water is readily available, planting a few seeds to grow strawberries, cucumbers, carrots, herbs, and tomatoes is an incredible source of vitamins and nutrients.

The volume of these items will be contingent upon available space, however, the lists provided above need to be on any and every survival list and are perfect for stocking

your pantry.

These materials will have an exceptional shelf life if they are sealed properly, not exposed to direct sunlight, and are kept dry. As pointed out previously, preserving these food items is not difficult at all, it just requires a bit of effort.

Chapter 3 – Pantry Paradise

You have obtained all of your necessary survival supplies, and now the question of storage with preservation of food items as the first priority is explored. Creating a safe, dry place to store your food items in preparation of conflagration need not be difficult, complicated, or cost-prohibitive.

In this chapter, we will create an inexpensive pantry to conveniently store dry goods and supplies needed for survival.

Build It

First, measure the area you plan to use for a pantry so you can ascertain how much material you will need. The type of wood you choose is less important than the fact that it is treated wood (you can't burn it unless you're interested in toxicity), and that it is good quality pieces of wood.

Second, ensure that the area you're going to build your pantry is clear of debris and is a place that is not exposed to direct sunlight. Again, a basement or a cellar is perfect for this setting. The largest problem is that of predation (bugs, critters) but that can be alleviated using storage materials that are air tight and impenetrable to mice.

Third, the most simple design is upright, 6' tall by 4' wide (contingent upon space availability) with shelving every 16" or 18". The foundation of the pantry must be strengthened so as to not be top heavy.

Fourth, using a small tarp, make a curtain to cover the contents of the shelves to ensure low exposure to sunlight or heat. Be cautious not to wrap the tarp too closely

because to do so will turn your pantry into an upright oven. Some air circulation is required, even if the air is warm.

Buy It

The survivalist community has become widespread and continues to grow with each passing day - particularly so as the news media paints a grim picture for the world. As a result, there are countless storage units that are portable, affordable, and convenient on any number of these same websites. You can, however, go the easy route and buy items that will comprise your survival pantry.

Tubs: Heavy duty plastic tubs are available at chain stores such as Walmart or Target and they are amazingly affordable. They are stackable, lightweight, and strikingly durable. The down side to plastic tubs is that they have to be covered and out of the sunlight to avoid becoming brittle.

One of the most distinctive advantages to tubs is that they are water-resistant and keep out moisture with little effort. Granted, we are discussing survival pantries for extreme heat, but even with extreme heat, there can be morning condensation and moisture.

Shelving: Plastic or wire shelving is relatively inexpensive, readily available, easy to put together, and even portable. The down side to these are that the plastic shelves aren't known for their durability and the metal wire shelving can be hot to the touch. Metal retains and projects heat and that is the last thing you want to do.

One last thing to remember is that you'll want to invest in a Sharpie to label and date all of the items you're storing. Every time items are removed from your storage bins, make a note of it, and make sure that everyone in your family or sphere of survival influence understands that it is critical to preserving food stuffs for the long term.

In the next chapter, we are going to take a hard look at preservation of proteins such as meat, poultry, and fish.

Chapter 4 – Preservation Priority

Everything is set, you're ready for whatever catastrophe life may bring your way. Well, everything is set except meat. In this chapter, we are going to learn about how to preserve meat without refrigeration. This will require a great deal of patience because it's not one of those circumstances where you can merely place the meat in a microwave and thirty seconds later, the meat is cooked.

Have you ever wondered how beef, poultry, pork, or wild game was preserved before refrigeration? There are a few different methods and given the circumstances we have outlined (arid, hot environment), special care must be taken to ensure each and every step is followed to the letter. Surviving cataclysmic events only to be poisoned by bacteria in your food, rather defeats the purpose, doesn't it?

For the purpose of this scenario, we are going to presume that there is no electricity available.

Smoke & Heated Air

1. Construct a fire pit - preferably outdoors.
2. Build a good fire and let it burn down to the coals. Have additional wood that you can use to create more smoke, but not ignite a fire. You do NOT want to cook the meat.
3. Restrict the heat by building a shield of sorts around the fire using plant material, old blankets or even a tarp. The objective is to contain and direct the heat in a specific area to cure, not cook, your meat.
4. Gather saplings and a rack that is high enough not to cook the meat, but low enough to be exposed to heat and smoke.
5. To prepare the meat, you will cut them into thin strips and remove as much fat as possible. Place the meat on the rack.
6. Your target temperature is going to be right around 200 degrees fahrenheit. The lower heat will remove moisture and bacteria from the meat as it cures. In addition, the smoke acts as a protective layer on the meat. This will take approximately 8 hours.
7. As a rule of thumb, the amount of shrinkage is a minimum of 50% of the raw meat being prepared.
8. To make jerky, cut the meats along the grain, and target your temperature to 160 degrees fahrenheit.

Salt

Remember that the objective of curing meat without cooking it is to remove moisture from the meat and salt is a great way to do just that.

1. Be patient. This process takes weeks, maybe months, not hours.
2. Curing salts are purchased as such or using “pickling salt” will suffice as well.
3. This method is effective, however, botulism is, by definition, a bacteria and can be contracted through eating meats that have been infected with the bacteria.
4. One way to fight against bacteria is to ensure that the curing salt purchased contains nitrate. Nitrate prevents bacteria such as botulism.
5. Add salt throughout the process until the meat is completely cured.

The last part of the process is allowing the meats to cool, whether it be salt cured or smoke and heated air, and place them in oxygen-free plastic baggies, making them as air-tight as possible. Place the packaged, cured meat into storage containers that are out of the direct sunlight and free from predation.

Once the meat has been cured, to prepare the meat for eating, expose the meat to heats ranging from 240 degrees for approximately 90 minutes. Add seasonings that you’ve stocked up on to increase flavor and palatability.

Chapter 5 – Replacements

Across the globe, people are changing their diets because of fears of chemical additives and the depletion of natural nutrients. Moving away from traditional sources of protein such as beef, poultry, or pork, and choosing legumes (beans) for an alternative source of much-needed protein. Vegetarian and vegan diets alike concentrate on natural foods, free of animal products, and are rich in fresh fruits and vegetables.

In the scenario presented in this book, you're dealing with high temperatures, no electricity, and those two facts alone present unique problems for curing and preserving meat. There are other alternatives, replacements for meat and they are amazingly affordable and have an extraordinary shelf life.

Nuts: Peanuts (raw, unsalted) have up to 9g, dry roasted almonds have 8g, walnuts 4g, hazelnuts have 5g, and pistachios contain 6g of proteins per 1/4 cup. Nuts can be purchased in bulk at local grocers or bulk foods stores and can be expensive, however, because of the shelf life and the portability, they are worth every penny.

It's also important to note that nuts contain high volumes of fat, therefore take caution in portion control. Too many nuts can also cause digestive problems such as constipation. In hot, arid circumstances, the body tends to more easily become dehydrated - dehydration and constipation are a horrible combination.

Seeds: Unsalted sunflower seeds have 8g, hemp seeds have a whopping 15 of protein, pumpkin seeds have 9g, sesame seeds have a surprising 6g of protein per 1/4 cup. Seeds have a high concentration of healthy unsaturated fats and are excellent when served with steamed vegetables. The same applies with most seeds

in terms of portion control. Though right in unsaturated fats, seeds have the same impact on the digestive system as nuts and legumes when eaten in high volumes.

Beans(Legumes): Chickpeas have 15g, kidney beans have 15g, navy beans have 16g of protein, soybeans have an amazingly high 29g, black beans contain 15g, and lentils have 18g of protein per cup (cooked). Legumes are a lean, healthy replacement for meat and contain not only protein, but are filling and carbohydrate-rich.

Grains: Whole wheat bread contains 4g per slice, quinoa has 9g, barley has 7g, brown rice has a surprising 5g, oats have 6g per cup, and buckwheat has 6g per cup (cooked) serving. Grains contain good sources of protein and are also good for carbohydrates, and fiber. These too can be a great addition to any salad, pita bread, fresh vegetables, and so on to increase protein intake and enhance flavor.

Storage for these food items is completely simplistic. The biggest concerns you may have is ensuring that they are in an oxygen-free environment, sealed tightly in a predation-resistant container, and kept out of direct sunlight.

In the next chapter, we have saved one of the most essential elements to sustaining life: Water.

Chapter 6 – What About Water?

The human body requires water to function properly. Each of the living cells in the body requires water that acts as a lubricant, and regulates body temperatures through perspiration. The body can survive, at most, 7 days without water - and that is a generous allotment. Most likely, 3 or 4 days is a more accurate estimate considering the physical condition of an individual who falls in the “normal” category.

According to the Scientific American, under intense conditions such as high heat, the body can lose up to 1.5 liters of sweat per hour. As you can see, maintaining water consumption is essential to sustaining life in any condition, but particularly so when heat is a dominant factor.

There are a number of ways to locate or obtain life-giving water:

1. In valleys and low areas often hold water from rains, etc.. If there is no standing, you may need to do a little digging in that area.
2. Look for green vegetation around you. Where there is green vegetation, there is water and again, you may need to do a little digging, but if you're thirsty enough (which under extreme heat, there is no doubt you will be), you'll have no problem digging for a little while.
3. If you dig deep enough, you'll find water, or at least moisture. It will require filtering, obviously, but water is water and what it can do for your body is worth the effort.
4. Plant roots can be a source of water. Dig the roots out, cut them into short pieces and smash the pulp and the moisture will come from them. You'll want

to catch the water in a container.

5. Morning dew can be a marginal, but useful source of water. As strange as it may sound, you'll tie rags or small towels around your ankles and walk through the grass before sunrise. The rags will absorb the moisture and you simply squeeze out the water into a container.

Warnings

1. Do not drink alcohol. Alcohol will rapidly dehydrate the body and when under the influence of alcohol, your decision-making processes are cloudy and could cost you your life.
2. Urine is urine for a reason. Regardless of what you see on the sensational survival television shows, urine contains waste products and if your body needed to keep them in your system, you wouldn't be purging them in your urine.
3. Unless you're from Transylvania, have fangs, and an aversion to sunlight, crosses, and wooden stakes, there's a pretty good chance that you're not a vampire. Blood is never a good idea to consume as a source of moisture - particularly if it's someone else's blood.
4. Seawater cannot be taken by the body in its normal state. Seawater contains 4% sodium and requires 2 liters of fluids to rid the body of the waste from 1 liter of seawater. Boiling seawater is a good idea, catching the steam with a rag or cheesecloth and wringing out the water into a container is acceptable.
5. Be wildlife aware when searching for water supplies. In hot, arid environments, creepy little critters like scorpions and snakes flourish and are quite adept at camouflage. Poisonous snakes, spiders, and scorpions have a way to survive in the most unsurvivable conditions and are extremely dangerous.

Stockpile

The search for water can be curtailed to some degree if you take the time and make the investment in large, sealed, water-cooler styled jugs of water. Sealed gallon containers of water or even the small bottles of water will be useful. Keeping the empty bottles will serve to be useful when getting a fire going for heat at night, or to use as urine storage during a hunt for wild game - reducing human scent.

Water cannot and will not go bad in and of itself and has fundamentally an indefinite shelf life. There are a few guidelines to follow for storage in your pantry (unopened) are:

Bottled water can last 2+ years.

Flavored water, vitamin water can both last approximately 9 months.

Sparkling water can last for about 1 year.

Coconut water is not only healthy and delicious, but it can have 9 months to 24 months shelf life.

Conclusion

Thank you for reading, Survival SOS Pantry - a book written with the sole purpose of providing you with useful information to sustain your life and the lives of your family in the event of being in a survival situation, suffering from extreme heat. With the help of this book, you've seen that survival doesn't necessarily have to be survival alone, but rather that survival supplies can provide some normalcy in your otherwise difficult situation.

Survival SOS Pantry is the ultimate guidebook for dealing with circumstances that have been at the top of virtually every news feed - climate change and drought situations. It has been an honor to provide you with life-saving tips and resources for sustaining life in deplorable conditions.

You've learned how to locate and obtain life-giving water, how to cure meat without refrigeration, which materials are best to use for long-term storage, you've learned what essential vitamins, nutrients, and minerals are needed, and you've learned what food sources are excellent alternatives to meat in the event that meat goes bad or is unavailable.

The next step is for you to recommend Survival SOS Pantry to your friends, family and colleagues who are like-minded and are determined to survive. From there, begin work on your pantry, and stock up on the supplies mentioned in this book.

Again, thank you for downloading and reading Survival SOS Pantry.

CANNING AND PRESERVING

BEGINNERS GUIDE TO CANNING AND PRESERVING FOOD IN JARS



DANA RICE

Canning And Preserving

Beginners Guide To Canning And Preserving Food
In Jars

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Introduction

Canning and preserving food in jars actually dates back long before our grandmothers were sweating in their kitchens over the stove. Before refrigerators were invented or were really all that common in households, people didn't want their food to be wasted, so they came up with canning food as a way to preserve it rather than waste precious food. Really the idea is genius since refrigeration hadn't been invented yet.

Still today, canning and preserving our extra food is a wonderful alternative to wasting extra foods that we have. If you see a sale at the grocery store or at the farmers market, this is a great way to take advantage of those opportunities. Additionally if you grow your own food in a garden or an orchard, you can always can or preserve that food as well in order to ensure that none of the food is wasted.

We will talk about the types of food you can preserve and can as well as a few tips when choosing the food. We'll discuss the materials you will need as well as the preparations you'll need to do prior to the canning process. Then we'll discuss canning your food and using both a canner and a pressure cooker.

This is an exciting new adventure that you're embarking on. It may seem a little overwhelming at first, but after your first time canning you'll have the hang of it and you'll be ready to tackle any type of fruit or vegetable, jam or jelly that you might dream up.

Chapter 1 – What Types of Food Should You Can

Really the answer to this question is limitless. There is truly no right or wrong answer to what you should or shouldn't can because you can preserve or can almost any fruit or vegetable, although some definitely turn out better than others. If you are curious about the best types of fruits and vegetables to can and preserve you can look online and see what kinds of recipes are available for your specific inquiries. Some fruits work better as jams while others work better sliced and canned in syrups. It just depends. With apples you can make applesauce or apple pie filling, both of which are excellent choices.

However there are a few things to consider when you are standing at the farmer's market and there's a sale for bushels of apples.

Choose What You Have A Lot Of

When you're canning or preserving something you want to fill lots of jars. Canning isn't the simplest of projects and it does take quite a bit of time, days sometimes, so if you're going to start the project, you might as well have a fair amount of something to begin with.

Don't decide to can beans if you only have a few jars full of beans. It really won't be worth the time and effort you'll put into canning the beans. You'll at least want to have a full load of jars for your canner to make it worth your time.

Additionally, this works best when you have an abundance of something. So you are trying to ensure that something doesn't go to waste. For example, you have a garden and your garden is just exploding with beans that your family can't eat them all. So you decide to can them in order to keep them from going to waste. Maybe you even wait a few extra days in order to ensure that you have as many as your canner can handle.

If you aren't a gardener, but the farmer's market is where you find your fruits and veggies, the same applies. You can see when the farmer's bring in their abundant crops and are trying to unload extras. They will be selling boxes of apples for \$10 or less. You'll be able to pick up pounds and pounds of apples for far cheaper than you would ever see at the grocery store. This is when you want to take advantage of making your apple pie filling or applesauce.

Make Only What You'll Eat

Just because you saw the apples for sale at the farmer's market doesn't mean you should buy them if your family won't eat applesauce. This is probably one of the most important tips we can give. Don't spend the time or the money canning something you or your family won't eat over the next year(s). It is far too much work to do it and then have it sit on the shelf and collect dust because no one will eat it.

Start Simple

If this is your first time canning, choose something simple. Look through the recipe books and find something that doesn't look too complicated. Most canning recipes aren't too hard, but when you get into making jams, applesauce, etc. it can become a little more complicated. Try something a little less complicated your first time around.

Make Sure Your Food is in Good Condition

Just because you're going to can it doesn't mean the food shouldn't be in good condition. You still want the food to be ripe and in its prime - no mold, bruising, etc. However, this doesn't mean that the food has to look nice. The food can be oddly shaped and still taste great, which means it can be perfect for canning.

Whatever food you choose to can, find recipes online or in a recipe book and get ready to start canning. You'll be on your way to having excellent canned food for months to come.

Chapter 2 – What Materials You Need to Start Canning

In order to start canning, you're going to need some basic supplies. Some supplies you might already have in your kitchen, but others you're going to need to buy in a store or online. Here is a list to get you started.

- *Water Bath Canner* – A water bath canner will do the job for most fruits, tomatoes and a few other things. Most water bath canners are 21-quarts and that is big enough for the average canner, but you can buy bigger sizes if you want. Make sure you buy one with a rack included (especially if you choose to buy one used); however you can buy a rack separately if needed.
- *Pressure Cooker* – A pressure cooker is used to can vegetables, meats and seafood. A pressure cooker differs from a water bath because it gets extremely hot (240 degrees Fahrenheit) – hot enough to kill the bacteria found in meats and seafood.
- *Canning Jars* – Glass canning jars are needed to store the food you plan to can. You can buy these jars once and then reuse them each time you can as long as they have been thoroughly washed for each use.
- *Canning Lids and Rings* – Canning lids and rings are specific to the canning jars you purchase, so you'll need to buy them from the same manufacture you bought the jars. That way the lids and rings fit properly. This is to ensure they seal once the food is inside. The lids cannot be reused because they are sealed with the heat from the canner or the pressure cooker and then that seal is broken when you open the lid. However the rings can be reused just like the jars.
- *Tongs* – Tongs are used during several parts of the canning process, so make sure you have a good set of tongs in your kitchen. We'll talk more later about when you'll use them.

- *Jar Lifter (optional)* – If you'd like to purchase a jar lifter, you can. If you're going to be doing a lot of canning, this might be a worthwhile purchase. A jar lifter can help you lift the hot jars out of the canner after the canning process is complete. If you'd rather not purchase the jar lifter, you can use your tongs.
- *Magnetic Lid Lifter (optional)* – The magnetic lid lifter is used to pull the lids out of the boiling water and place on the jars after the food has been placed inside. Again you can use your tongs instead, but this handy device would be nice if you were planning to do a lot of canning.
- *Wide-Neck Canning Funnel (optional)* – This funnel is specifically designed with canning in mind. It really depends on what you are planning to can. If you are canning dozens of jars of applesauce you may want to consider this as an addition to your supply list as it would be helpful. However if you were canning beets and beans, you probably would never see this tool as helpful.

Tip: Some websites offer canning kits that include all of these items bundled together rather than making you purchase them individually. It may be cheaper to buy them bundled than sorting out which items you need and trying to buy them one by one.

Chapter 3 – Preparations

Now that you know what you want to can and you have all your materials, you are ready to begin your preparations. So let's get started!

Before you really get started, you'll want to look at several recipes and pick the one that you think is best. There will always be multiple recipes for any given canning project. Even something as simple as canning green beans will have many recipes and you'll have to decide which one sounds the best to you. The other important thing about looking at a recipe book will tell you the suggested cooking times and techniques that are most recent and up to date.

These cooking times are changing all the time, because new research is coming out all the time about how long we should be cooking our food in order to ensure that it is safely being preserved.

The next important step is to wash your hands. This may seem a little childish, but it's extremely important throughout the entire canning process that you do whatever you can to keep your hands and workstation clean. The last thing you want is for bacteria to get into your jars and then live in there for the months or years before you open them. Be vigilant about washing your hands and your workstation during the canning process.

After you've washed your hands, prepare the food as the recipe tells you to. That means you might need to cut up all the fruits and vegetables so they will fit into the jars. This might mean peeling the fruit or snapping the beans. Some fruit can be slipped, which means you can boil it first and then the peels or skins will easily "slip" off. You'll also need to take out all the stems, cores, pits, etc. from any fruits or vegetables. Basically, you'll need to remove any part that you don't want to eat.

Pay special attention to your recipe and follow it to the letter. If there are pre-canning cooking instructions make sure to do them. Most jam needs to be cooked before you can it. The same might apply to pickles or applesauce.

If your recipe calls for a canning liquid other than boiling water, you'll need to make that, too. Some recipes need a syrup or a pickling mixture. This helps to preserve the fruit or vegetables. Make sure you consult your recipe to see what you need.

Tip: If you would prefer a low calorie option, you can replace sugar with Splenda or Stevia, but don't use Nutrasweet – it doesn't preserve well over time.

You'll also need to sterilize your jars. Place each jar in boiling water for at least ten minutes. After they have boiled for ten minutes remove them with tongs or your jar lifter. If you aren't going to put your food in them right away make sure to place them somewhere they will continue to stay clean.

You'll also need to sterilize your lids and rings. Although the rings never actually touch your food, we suggest sterilizing them just to be safe. Place them both in boiling water. Once the water is boiling, you can reduce the heat enough to keep it hot, but not bubbling. It seems to work best if you start them while you fill your jars with food. You want to take your lids out and place them directly onto your jars with the food already inside.

Now that all your preparations are ready, let's can your food!

Chapter 4 – Canning Your Food

You have all the preparations done and now you are sitting here ready to can your food. So let's get to it. Get that food into their jars!

- **Fill the Jars** – The first step is to fill your jars. You'll need to take your food, whatever it is, and fill the jar. Your recipe will tell you how to pack your food and about how much to plan to put into each jar. Use your funnel if the job is easier with a funnel or scoop handfuls and dump them into the jar arranging them as best you can.
- **Head Space** – It's always important to leave a little space at the top of your jar. They call this space the head space. Depending on the type of food you are canning it can range from an eighth of an inch to an entire inch. Your recipe should instruct you about how much space to leave, so make sure to pay attention to this important detail or you could have broken jars in your canner.
- **Add a Preservative** – Okay, I know this may sound a little redundant, but yes, you're probably going to add a preservative. Even if you are adding a liquid preservative, you're still probably going to add this one, too. This will probably be something like sugar, salt or lemon juice, Vitamin C, etc. It's important that you add it before you add your liquid so that the liquid helps to mix it all the way through your jar.
- **Add Your Syrup or Preserving Liquid** – Now we add the other liquid preserver you made earlier in your recipe. This will help to keep your fruits and veggies preserved through their lifespan in the jar. Make sure as you pour your liquid into the jar that you leave at least a half inch of space at the top of the jar.
- **Air Bubbles** – It's inevitable that as you pour in your liquid that you'll get some air bubbles trapped in your jar. Work to remove them as best you can by first using a small knife to release the liquid into all areas of your

jar. You can also use your fingers to help move around the food and liquid to release any trapped air bubbles.

- **Wipe Rims & Threads** – Using a damp, clean washcloth, wipe down the edges, rim, threads and any other area of your jar that may have gotten dirty since you sanitized your jar. If you dripped some of your liquid down the side carefully wipe it up. If after a while you need to replace the washcloth don't hesitate to do so. You really want to make sure the top rim of your jar is clean because that is where your lid will create its seal with your jar.
- **Place a lid on each jar** – Using your tongs or magnetic lid lifter, get a lid for each jar. Whichever method you choose to use is fine, just make sure not to touch the lids with your hands – they will be very hot from being in the boiling water. You also don't want to pass any germs or bacteria onto the lids that might be on your hands.
- **Screw a ring over each jar** – Take a sanitized ring and screw it down tightly over each jar that now has a lid. You don't need to worry about tightening it any tighter than you can make it with your hand. You'll also want to make sure that you can loosen the ring later, so don't tighten it too tight, just a snug fit is fine.

Your food is all ready to go into the canner, so let's talk about how to use your canner or pressure cooker!

Chapter 5 – Using Your Canner or Pressure Cooker

You know all about the steps you need to take to get your food ready and prepared to can, but you don't know the first thing about using your canner or pressure cooker. So let's talk about what you do once you've got your food all ready in their jars and you just need to get it in the canner and start the canning process. We'll talk about both using a canner and a pressure cooker, so regardless of what you are canning you can know how to do either one.

Water Bath Canner

If you are using a traditional canner and you are going to can most fruits (like applesauce, peaches, and pears) and many cooked foods (like relish, pickles, and jams), you will probably use a water bath to do your canning.

Your recipe should indicate for sure what type of canner you should use, so pay attention to your recipe and look for any up to date information since recently things like tomatoes have changed and are recommended to be canned in a pressure cooker.

Once you are certain you are using the water bath canner, put your jars onto the rack in the bottom of your canner. Add water to cover your jars by somewhere in the neighborhood of one to two inches. A good rule of thumb is to measure to the first knuckle of your finger, but you could always use a real measuring device as well to be certain.

Check your recipe to see if you should add hot or cold water to the jars. You should never add water that is a drastic change to the current temperature of your jars as they could crack.

Note: You should not stack your jars in a water-bath canner, because then the second level of jars would not have any water surrounding, or you would have to submerge your first level to reach the second. This would cause your food to can unevenly.

Cover your canner with its specified lid and bring your water to a gentle boil, this means probably medium to medium high on the stove. You don't need a rolling boil,

just a gentle boil. Check your recipe to see how long you are supposed to let your jars boil and then allow your jars to boil for the specified time.

Tip: *It is very important to add processing time to your canning if you are more than 3000 feet above sea level. Your recipe should help you know how much time to add to the original processing time if you are above 3000 feet. It may also tell you that for any additional 1000 to add more time. Follow these directions carefully or your food will not completely process.*

Pressure Cooker

The pressure cooker is a little bit more complicated than a water bath canner, but once you've used it a couple times, you'll have the hang of it and be canning your non-acidic fruits, vegetables and meats. You can also use a pressure cooker to can peaches and pears and save time, because it's much faster than water bath canning.

Like we mentioned before, with a pressure cooker it is important to raise the temperature in low acidic foods in order to prevent bacteria from forming. So let's talk about how you work your pressure cooker.

Take your jars and arrange them inside the bottom of your pressure cooker. If space allows, you can stack them, but not directly on top of each other. Instead, you'll need to stagger or straddle them, so the bottom of one jar isn't sitting directly on the lid of another.

Add water to the pressure cooker. The pressure and steam is what is cooking your food – not the water, so if you stacked your jars, you don't need to worry about filling the water up to both levels. See your recipe for exactly how much water to add, but generally a good rule is anywhere around a cup (your recipe might call for less, and that's okay).

You'll also need to check the gasket on your pressure cooker to make sure that it can form a proper and strong seal with your pressure cooker once it's closed. If it cannot you will not be able to pressurize and can your food. Gaskets tend to dry out and crack when they sit on the shelf for a year without use.

Sometimes you can revive a dried out gasket by placing it in hot water for a few minutes. If this doesn't help, you'll need to replace your gasket. Regardless, don't be

surprised if you find yourself replacing your gasket every few years.

Once your jars are inside and you've confirmed that your gasket will form a strong seal, place the lid on your pressure cooker and twist it firmly shut. Usually there is some sort of indicator either on the handle or otherwise that will tell you when the pressure cooker is sealed and closed. Take off the rocker from the lid of the pressure cooker – this will allow the steam to be released.

Bring your pressure cooker to a boil. Usually your recipe will indicate at what temperature (medium high or high), but if not, choose medium high. Steam will be released from the lid of the pressure cooker where you took off the rocker before. You can also watch the pin on the pressure indicator letting you know that the pressure and steam is building up inside the pressure cooker as well.

Watch for the steam to rush out the top of the lid in a steady and even stream. When it is doing this for a minute or so it is called a “full head of steam.” You'll want the pressure cooker to vent a “full head of steam” for at least seven minutes or see your recipe if calls for something different.

After you have seen the “full head of steam” for seven minutes or the specified time indicated on your recipe, place the rocker carefully back on the lid. Now you are starting your processing time. Check your recipe for the full processing time that you'll need to allow depending on your food. Once the rocker is placed on the lid, you'll see the pressure start to rise on the pressure gauge. That is normal.

At this point you'll need to change the temperature on the stove to accommodate for the pressure needed on the canner. Your recipe will specify what pressure is needed for the duration of your processing time, so you might needed to play around with the temperatures to get it just right. Your altitude can also make this tricky.

Hopefully your recipe gives you an indication about how to adjust your temperature for the pressure based on your altitude. It will take a little time to see the pressure change once you make a change on the stove, so be patient each time you make an adjustment. Remember it is a large pot full of water and jars that you are changing, so it will take a little time to see the effects of the change.

Pressure cookers a little finicky. They tend to be affected by the smallest things, so you have to watch them carefully. The pressure could drop suddenly because someone opened a door close by and let in a cool draft. So you'll need to check back on them every five to ten minutes to make sure the pressure is still holding at whatever the recipe called for.

If the pressure has dipped, you'll need to raise the temperature on the stove a little until you can regain that pressure. If the pressure is up, you'll need to lower the temperature.

Although this seems annoying, pressures that are consistently too low will fail to cook your food all the way through. And pressures that are too high could result in breaking your jars, which would be a mess to clean up and you'd have wasted time and food.

Once the jars have processed for the full time stated in your recipe, turn your heat off. Make sure you leave the rocker on the lid of your pressure cooker. Watch for the pin to drop on the pressure gauge. This will tell you that there is no longer any pressure inside the pressure cooker. Carefully remove the rocker on top of the lid and let all the steam vent from the pressure cooker for at least a few minutes.

After you can no longer see steam venting from the top of the pressure cooker, carefully open the lid of the pressure cooker. Hold the lid so that it rests between you and the jars or rest the lid on top of the pressure cooker for a few minutes letting the cool air of your house circulate through the pot of your pressure cooker.

All of these steps are very important, because you are slowly releasing the pressure from the pressure cooker. If you are too fast to relieve the pressure your jars will break, resulting in not only a big mess to clean up, but also wasted time and food.

Now your food is canned and preserved. Let's talk about just a few more little things just to finish up and make sure you don't have any last minute blunders.

Chapter 6 – Finishing the Process

Okay, you've gone through the canning process, you know how to use your canner and pressure cooker, but let's make sure you don't make any last minute mistakes with those jars, and let's talk about what to do if it didn't work the first time.

Getting Your Jars Out

They are going to be hot when they are finished processing, so be careful getting them out. Jar tongs are available to buy, or you can use regular tongs. We've also seen it done with just a hot pad. But whatever you choose, be careful not to drop one!

You might have a fancy rack that can be pulled directly out of your canner, which is handy, so check and see if you do. Once you've pulled them out, place them on a clean towel to cool. It is recommended to let them cool a full twenty-four hours before putting them in storage.

Check to Make Sure it Worked

The foolproof way to make sure they sealed is to push on the lid. If it bounces back at you, it didn't seal correctly. Essentially the lid should do nothing when you push on it. If it springs back or makes a noise, it did not seal.

What to Do if Your Jars Didn't Seal

If yours jars didn't seal, remove the lids and rings, put a fresh lid on them, and try again! It's that simple. Throw them in with the next batch and process them again. It won't hurt them a bit to go through the canning process again. If you aren't going to can again, you can always put that jar in the fridge and eat whatever it was in the next week.

Wash the Jars

We also recommend that before putting the jars into storage that you run a damp cloth over them just to rinse any residue or grime that may have built up on them during processing. It may seem unlikely, but you'd be surprised. Some of these jars may see a long shelf life, so you don't want them to have a sugary residue sitting on the outside of the jar for the next nine months – it could attract a few pests.

Label with the Date

We also recommend that you label your jars with at least the year and probably the month, too. It isn't that hard, and doesn't take that long. Since you won't be reusing the lids again, it's a breeze to simply take a permanent marker and quickly write the date on the lid. If you plan to reuse the jars and the rings, avoid writing on them, so it

doesn't become confusing in the years to come. You can also print labels and stickers if that is something that better interests you.

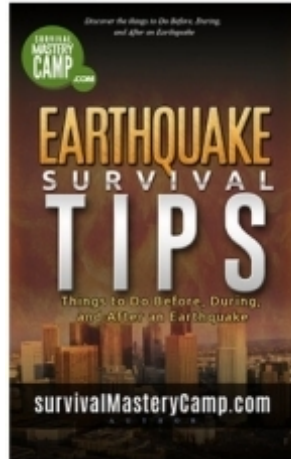
Conclusion

And there you have it! Now you know how to can and preserve all those wonderful things you have growing in your garden out back that you were worried about going bad before your family was going to eat it. And you can take advantage of those great buys at the farmer's market and not feel guilty that the food is going to go to waste, because you know some great options for canning and preserving it that will feed your family throughout the year.

You know all about the kinds of foods you should be looking for, the materials you need, the preparations, how to can your food, using your canner, and what to do with your jars once they are finished.

You are well on your way to becoming an expert canner!

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